

HOLIDAY SEASON
2026

UNFORGETTABLE IN-PERSON TEAM BUILDING ACTIVITIES

Professionally hosted corporate team building experiences,
delivered at your office or venue.





"The best Team Building event I've organised."
Joseph - Levitt Fuirst



"I absolutely would recommend Avva to others."
Donna - Allstate



"Fantastic experience, thank you! My team loved it."
Luciel - CrowdStrike



"We got such tremendous feedback from the team."
Jill - Cisco



"Exceeded my expectations, the team had lots of fun!"
Sam - Nestlé



"One of the best team events I have arranged. 10/10!"
Dawn - BMS

➤ 2,500+ COMPANIES NOW BOOK WITH US ➤



WHY CHOOSE US?

NO. 1 FOR CORPORATE TEAM BUILDING EXPERIENCES

LET'S CONNECT!

corporate@avvaexperience.com
+44 20 3488 6930

avvaexperience.com



100+ amazing experiences to pick from



Live hosted by professional facilitators



Designed for team building, company celebrations & client events



Quick to organise, with a dedicated Event Specialist



Delivered at your chosen venue nationwide



WE ALSO OFFER VIRTUAL EXPERIENCES



TOP PICKS: TEAM BUILDING & BONDING GAMES

FULL RANGE ON PAGES 7-12



THE ULTIMATE
MURDER MYSTERY
TEAM BUILDING
CHALLENGE

[Learn more >](#)



THE TIME TRAVELLING
TEAM BUILDING
GAME SHOW

[Learn more >](#)



THE HEIST! TEAM
BUILDING ESCAPE
ROOM CHALLENGE

[Learn more >](#)



THE ULTIMATE LEGO
TEAM BUILDING
WORKSHOP

[Learn more >](#)



AROUND THE WORLD
IN 90 MINUTES: A
TEAM BUILDING
TRIVIA GAME

[Learn more >](#)



THE TRAITOROUS
TEAM BUILDING
CHALLENGE

[Learn more >](#)



THE ULTIMATE TEAM
BUILDING TRIVIA
QUIZ

[Learn more >](#)



THE ULTIMATE
CORPORATE EVENT
BINGO BONANZA

[Learn more >](#)



THE POTTERY
PICTIONARY TEAM
BUILDING THROW
DOWN

[Learn more >](#)

TOP PICKS: CHRISTMAS PARTIES & SOCIALS

FULL RANGE ON PAGES 13-16



THE POLAR EXPRESS: A CHRISTMAS PARTY MURDER MYSTERY

[Learn more >](#)



THE ULTIMATE CHRISTMAS PARTY GAME SHOW

[Learn more >](#)



CHRISTMAS WREATH MAKING TEAM BUILDING WORKSHOP

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THE ULTIMATE CHRISTMAS PARTY TEAM QUIZ

[Learn more >](#)



THE ULTIMATE CHRISTMAS PARTY BINGO BONANZA

[Learn more >](#)



CHRISTMAS BAUBLE PAINTING TEAM BUILDING WORKSHOP

[Learn more >](#)



THE CHRISTMAS LEGO TEAM BUILDING CHALLENGE

[Learn more >](#)



GINGERBREAD HOUSE DECORATING TEAM BUILDING WORKSHOP

[Learn more >](#)



THE FESTIVE POTTERY Pictionary TEAM THROW DOWN

[Learn more >](#)

WHAT TYPE OF EXPERIENCE ARE YOU LOOKING FOR?



TEAM GAMES & CHALLENGES

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FESTIVE THEMED EXPERIENCES

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HALLOWEEN THEMED EXPERIENCES

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CRAFT & CREATIVE WORKSHOPS

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WELLBEING & DEVELOPMENT

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DRINKS MASTERCLASSES

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FOOD TASTINGS & MASTERCLASSES

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TEAM GAMES & CHALLENGES

These experiences include game shows, escape rooms, quizzes, murder mysteries, bingo, sports days and more.

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THE ULTIMATE MURDER MYSTERY TEAM CHALLENGE

- Bring your team together for an immersive in-person murder mystery team building experience
- Part murder mystery and part escape room, this interactive challenge combines puzzles, clues, and deduction
- Work in teams to solve a crime aboard the luxury Silver Express Train before time runs out
- Hosted live by Chief Detective Poirwrote and Sergeant Wires

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THE TRAITOROUS TEAM BUILDING CHALLENGE

- Enter the mysterious world of Ravenscroft Castle in an immersive social deduction team building game
- Compete in teams across four fast-paced missions testing memory, logic and teamwork
- One player per team is secretly a 'Deceiver', tasked with sabotaging the group without being caught
- Three dramatic Round Tables let players debate suspicions and work out who they can trust

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AROUND THE WORLD IN 90 MINS: A TEAM BUILDING GAME

- Bring your team together for an unforgettable team building trivia game that transforms your office or venue into a global adventure
- Hosted by the charismatic Francis P Fogg and his assistant Jamie Passepartout, this immersive experience takes participants on a fast-paced global adventure across six continents
- Working in teams, guests tackle a mix of trivia, logic puzzles, and interactive challenges inspired by cultures around the world

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THE TIME TRAVELLING TEAM BUILDING GAME SHOW

- Take part in the Ultimate Time Travelling TV Game Show
- In this interactive team experience, you'll enjoy a range of rounds inspired by your favourite TV game shows
- Playing in teams, you'll compete to see who'll be crowned the champions
- Hosted by a live game show host, the fast paced game-show rounds will have your guests competing and laughing

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THE ULTIMATE LEGO TEAM BUILDING WORKSHOP

- Become a master builder in this hands-on LEGO building workshop created for adults and corporate audiences
- Grab your LEGO bricks and meet the challenges set by our experienced builders
- Your expert hosts will guide you through different LEGO building rounds designed to build connections between attendees
- Rounds include creative builds done individually and competitive team tasks

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THE HEIST! THE ULTIMATE TEAM ESCAPE ROOM

- Get ready for the ultimate in-person office escape room team building challenge
- Part escape room and part immersive challenge, you'll work in teams to solve the puzzles and retrieve a priceless painting
- 'The Raging Storm' painting has been stolen by the infamous art thief 'Gustaf Grimmmler'
- You'll join the crew of 'Sammy Ocean,' who has been employed by the museum to retrieve the painting

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THE ULTIMATE TEAM BUILDING TRIVIA QUIZ

- Bring your team together for a high-energy trivia quiz packed with interactive challenges
- Hosted by a professional quiz master, combining classic trivia, music, visuals and themed games
- Compete in teams or head-to-head to climb the live leaderboard and be crowned champions
- Tackle varied rounds including music, pictures, school-style trivia and interactive bonus games

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THE ULTIMATE CORPORATE EVENT BINGO BONANZA

- Bring your team together for a high-energy corporate event bingo experience like no other
- Hosted by a live professional bingo caller, this is bingo... but not as you know it
- Take part in a mix of classic bingo, trivia bingo, and music bingo rounds designed for maximum engagement
- Packed with humour, prizes, and fast-paced gameplay to keep energy levels high throughout

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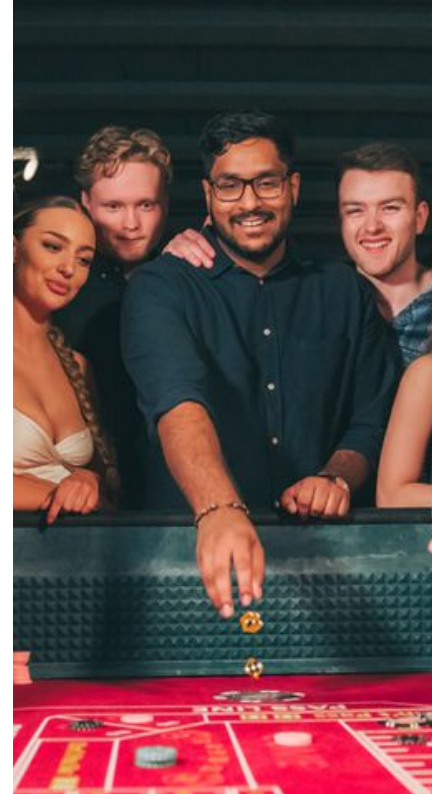
THE ULTIMATE ICEBREAKER TEAM BUILDING GAME

- Break the ice with a high-energy icebreaker team building game designed to spark connection, conversation, and collaboration from the very start
- This fully hosted team building ice breaker combines interactive challenges, live polling, and social deduction gameplay
- Participants compete in teams across a series of dynamic rounds designed to get to know colleagues better

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THE ULTIMATE CORPORATE EVENT CASINO NIGHT

- Experience the excitement of a professional Casino Night at your office or chosen venue
- Hosted by professional croupiers, guests learn and play classic casino games in a fun, social atmosphere
- Choose from Roulette, Blackjack, Three-Card Poker, Texas Hold 'Em Poker, and more
- Move between authentic casino tables as you build your fortune using casino chips and play money

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THE POTTERY Pictionary TEAM BUILDING THROW DOWN

- Gather your team for the In-Person Pottery Pictionary Team Building Throw Down, a hilarious and creative team-building event
- Led by a live, high-energy host who will guide everyone through four rounds of sculpting fun
- This is a lively, hands-on experience perfect for sparking creativity, teamwork, and a lot of laughs
- As polymer colour clay is used, this is also a mess-free experience!

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THE ULTIMATE TEAM HORSE RACE NIGHT

- Enjoy a day at the races on this amazing In-person Team Horse Race Experience
- Hosted by a live bookmaker & tournament host, you'll place bets on a series of races to win points
- Run using projectors and guest smartphones, this experience is fantastic fun for corporate entertaining
- You'll watch & place bets on races including horses, pigs, puppies & many more!

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A POP-UP ESCAPE ROOM: THE FINAL CYPHER

- Delivered at any location, this fully mobile, high-energy escape room maximises the fun, whilst building team collaboration
- Playing in teams, you'll encounter interactive puzzles, secret codes and ingenious gadgets in a thrilling mission against the clock
- Designed for team building events, this is an ideal activity for on-site and off-site events

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A VIRTUAL REALITY (VR) BOMB DEFUSAL TEAM GAME

- Build trust and communication in this Virtual Reality (VR) Bomb Defusal Team Building Game
- This team-building activity simulates a high-pressure scenario where a bomb needs to be defused within a set amount of time
- Players will be divided into teams and each team will be tasked with solving a series of puzzles to disarm the bomb
- The game is designed to test communication and teamwork skills

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BECOME A MAGICIAN: A TEAM BUILDING GAME

- Welcome to Mission Magic, a unique and magical team-building challenge
- Your mission if you choose to accept it... create a unique original magic trick presentation!
- Your session will start with a short performance by your magician mentor, world-class magician Paul Fowler
- Paul will then coach you step-by-step to ensure your mission is a complete success

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THE ULTIMATE TEAM BUILDING SPORTS DAY

- Take part in the ultimate in-person team building sports day!
- Hosted by high-energy facilitators, this team-building event will have you taking part in a range of old-school and new sports day games
- Races and challenges include sack race, tug-of-war, welly wanging, egg & spoon, cross the river and many more!

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CHARLIE HIDES DRAG QUEEN BINGO SHOW

- Assemble your team for the Charlie Hides Drag Queen Bingo Show, a hilarious and high-energy interactive bingo experience
- Hosted live by multi-award-winning RuPaul's Drag Race star and undisputed Queen of Bingo, Charlie Hides
- Expect an unforgettable mix of comedy, music, audience interaction, dance breaks, live singing, and outrageous bingo fun

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THE ULTIMATE DRAG QUEEN BINGO BONANZA

- Get ready to play Drag Queen Bingo Bonanza
- Hosted by a fabulous drag queen and live professional bingo caller, this is bingo...but not as you know it!
- You'll play a unique set of high energy classic, trivia & music bingo rounds
- This hilarious version of bingo is highly engaging and interactive, making it suitable for everyone

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THE ULTIMATE DRAG QUEEN TIME TRAVELLING GAME SHOW

- Take part in The Drag Queen Time Travelling Game Show
- In this hilarious interactive experience, you'll enjoy a range of rounds inspired by your favourite TV Game Shows
- Playing in teams, you'll earn points each round to see who will be crowned the champions
- Hosted by a live Drag Queen and game show host, the fast-paced rounds will have your guests competing and laughing

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THE IN-PERSON DRAG QUEEN TEAM TRIVIA QUIZ

- Take part in The Ultimate Drag Queen Team Trivia Quiz, a hilarious and high-energy interactive quiz experience
- Hosted live by a fabulous drag queen and professional quiz master duo, guiding your group through immersive trivia rounds and live entertainment
- Compete in teams or head-to-head as you battle to climb the live leaderboard and be crowned the champions

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FESTIVE THEMED EXPERIENCES

From holiday game shows and Christmas murder mysteries to festive wreath-making workshops, there's something for every occasion

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THE POLAR EXPRESS: A FESTIVE MURDER MYSTERY

- Jump aboard The Polar Express for a festive murder mystery team building challenge
- Part murder mystery and part escape room, guests work in teams to solve the case
- A crime has been committed on The Polar Express, and you must identify the guilty suspect before the train reaches its final destination
- Hosted live by Chief Detective Poirwrote and Sergeant Wires

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THE ULTIMATE CHRISTMAS PARTY BINGO BONANZA

- Hosted by a live professional bingo caller, this is bingo... but not as you know it
- Play a high-energy mix of classic bingo, festive trivia bingo, music bingo, and themed interactive rounds
- Perfect for office Christmas parties, festive team building events, after-dinner entertainment, and seasonal company celebrations

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THE ULTIMATE CHRISTMAS PARTY GAME SHOW

- An interactive festive experience packed with laughter, teamwork, and friendly competition
- Travel through the decades as you play holiday-themed rounds inspired by your favourite TV game shows
- Compete in teams or head-to-head as you battle to climb the live leaderboard
- Hosted by a live game show host, featuring fast-paced festive challenges, immersive visuals, and plenty of audience interaction

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THE ULTIMATE CHRISTMAS PARTY TEAM TRIVIA QUIZ

- Hosted by a live quiz master, who'll guide your group through immersive Christmas-themed quiz rounds
- Compete in teams or head-to-head as you battle to climb the live leaderboard and become the festive champions
- Featuring fun rounds including Festive General Knowledge, Christmas Music, Back to the North Pole, and more

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CHRISTMAS WREATH MAKING WORKSHOP

- Get into the festive spirit with this Christmas Wreath Making Team Building Workshop
- Hosted live by an expert florist, who'll guide you step-by-step in creating a beautiful Christmas wreath
- Create your wreath using premium seasonal foliage including pine, birch, Red Ruscus, Sprayed Flax Seed, and Asparagus Fern
- Take home your own handcrafted Christmas wreath ready to hang proudly on your front door

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THE CHRISTMAS LEGO TEAM BUILDING WORKSHOP

- Hosted by experienced facilitators, you'll take part in festive LEGO challenges designed to encourage teamwork, creativity, and communication
- Enjoy two individual creative challenges alongside two exciting team competitions with a festive twist
- Work together to tackle the Star Tower Build and Winter Wonderland Word Challenge as you compete for victory

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CHRITMAS BAUBLE PAINTING WORKSHOP

- Celebrate the festive season with this fun and creative Christmas Bauble Painting Team Building Workshop
- Hosted live by a professional artist, who'll guide you step-by-step as you design and paint your own Christmas baubles
- Each guest will create two hand-painted Christmas tree decorations to take home and enjoy year after year

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GINGERBREAD HOUSE MAKING TEAM BUILDING WORKSHOP

- Get into the festive spirit with this fun and creative Gingerbread House Decorating Team Building Workshop
- Hosted by an expert baker, you'll learn how to build and decorate your very own gingerbread house from start to finish
- Choose from a wide selection of colourful fondants, buttercream, chocolates, sweets, and festive decorations to create your masterpiece

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FESTIVE POTTERY Pictionary TEAM THROW DOWN

- A hands-on experience full of creativity, laughter, and friendly competition
- Hosted live by a high-energy festive host, bringing humour, seasonal cheer, and team spirit throughout
- Kick things off with Sculpt & Tell: Festive Edition, where everyone creates their ultimate festive gift from colourful polymer clay
- Compete across three exciting rounds of Festive Pottery Pictionary as teams sculpt mystery Christmas objects for others to guess

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CHRISTMAS COOKIE DECORATING TEAM BUILDING WORKSHOP

- Get creative with this fun and festive Christmas Cookie Decorating Team Building Workshop
- Hosted live by an expert baker, who'll guide you step-by-step as you decorate 12 delicious Christmas cookies
- Learn professional decorating techniques using buttercream, coloured fondant, icing, and festive decorations

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MAKE YOUR OWN CHOCOLATE PENGUIN WORKSHOP

- Make your own festive chocolate penguin in this in-person workshop
- Hosted by a master chocolatier who will guide you through every step of the process
- As you're making your penguin, you'll also learn about the fascinating history of chocolate
- With different flavours and decorations, this experience is perfect for those looking for something creative and delicious!

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REINDEER AND WINTER GAMES TEAM RACE NIGHT

- Hosted by a live bookmaker & tournament host, you'll place bets on a series of holiday-themed races to win points
- Run using projectors and guest smartphones, this experience is fantastic fun for corporate entertaining
- You'll watch & place bets on races including reindeer, huskies, panto horses & other winter themed animals

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HALLOWEEN THEMED EXPERIENCES

From pumpkin carving to themed game shows, these experiences combine creativity, teamwork, and just the right amount of mischief.

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HALLOWEEN PUMPKIN CARVING TEAM BUILDING WORKSHOP

- Get into the Halloween spirit with this fun and creative pumpkin carving team building workshop
- Hosted live by an expert instructor, who will demonstrate safe carving techniques and share creative design ideas
- Create your own unique Halloween pumpkin using all equipment and materials provided

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THE ULTIMATE HALLOWEEN TEAM BUILDING TRIVIA QUIZ

- Hosted by a live quiz master, guiding your group through immersive Halloween-themed team trivia rounds
- Compete in teams or head-to-head as you battle to climb the live leaderboard and become the trivia champions
- Featuring spooky rounds including Back to Spooky School, Monstrous Music, Sounds of Horrors, and more

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THE TIME TRAVELLING HALLOWEEN GAME SHOW

- Hosted by a live vampire game show host, who'll guide you through a series of immersive Halloween-themed game show rounds
- Travel through the decades as you play spooky twists on your favourite classic TV game shows
- Compete in teams or head-to-head as you earn points and battle to reach the top of the live leaderboard

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CRAFT & CREATIVE WORKSHOPS

Our craft workshops are suitable for team building, company celebrations or any corporate event where you want to include a fun creative activity.

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TEAM BUILDING CANVAS PAINTING WORKSHOP

- Unleash your creativity in this fun and interactive team building painting workshop
- Guided live by a talented artist, your group will follow step-by-step instructions to create your own masterpiece
- Choose from a wide range of painting options
- Guests are encouraged to add their own personalised touches while learning painting techniques throughout the experience

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CANDLE MAKING TEAM BUILDING WORKSHOP

- Enjoy making your own luxury aromatherapy soy wax candles using essential oils
- Hosted by an expert who will guide you through every step of the therapeutic process
- Customise your experience by choosing your own fragrances
- Choose a workshop where you make 2, 3 or 4 candles
- Only sustainably sourced materials are used

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A TEAM BUILDING TERRARIUM MAKING WORKSHOP

- Get green-fingered in this fun and relaxing terrarium workshop
- Your host will show you step-by-step how to create your own personalised terrarium
- This is a relaxing and mindful experience where you can slow down and focus on a creative, nature-inspired activity
- Choose between three different types of terrarium ecosystems to create

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CLAY SCULPTING TEAM BUILDING WORKSHOP

- Get creative in this therapeutic clay sculpture workshop
- You'll be guided through hand-building with air-dry clay, learning how to make and decorate your creations
- Choose what you create: bowls, pots, trinket dishes, ring holders, candle holders, plus more!
- Hosted by an expert artist, this workshop is suitable for all abilities

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THE ULTIMATE LEGO TEAM BUILDING WORKSHOP

- Become a master builder in this hands-on LEGO building workshop created for adults and corporate audiences
- Grab your LEGO bricks and meet the challenges set by our experienced builders
- Your expert hosts will guide you through different LEGO building rounds designed to build connections between attendees
- Rounds include creative builds done individually and competitive team tasks

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A COLLABORATIVE PAINTING TEAM BUILDING WORKSHOP

- A fun, social collaborative painting team building activity where each guest paints a section of a shared artwork that comes together as one impressive masterpiece
- Encourages creativity, communication and connection in a relaxed, social setting
- Ends with a full artwork reveal and group photo – with the finished piece ready to display in your office

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THE POTTERY Pictionary TEAM BUILDING THROW DOWN

- Gather your team for the In-Person Pottery Pictionary Team Building Throw Down, a hilarious and creative team-building event
- Led by a live, high-energy host who will guide everyone through four rounds of sculpting fun
- This is a lively, hands-on experience perfect for sparking creativity, teamwork, and a lot of laughs
- As polymer colour clay is used, this is also a mess-free experience!

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A PAINT YOUR COLLEAGUE TEAM BUILDING WORKSHOP

- A light-hearted, laughter-filled paint your colleague team building activity where guests create portraits of one another
- Guided step-by-step by a professional artist, making it fun and accessible for all abilities
- Ends with a hilarious portrait reveal and group photo – with everyone taking home their own one-of-a-kind masterpiece

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FLOWER ARRANGING TEAM BUILDING WORKSHOP

- Create your own seasonal hand-tied bouquet in this in-person flower arranging workshop
- Hosted by an expert florist who'll guide you through every step of the process
- You'll be taught how to condition and care for your flowers, know what's in season, as well as learn the art of spiralling
- At the end of the workshop you'll have created your own personal bouquet

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A CREATIVE NEON SIGN MAKING WORKSHOP

- Get together in this In-person neon sign making workshop
- This creative workshop will allow you to connect and create with your team
- Hosted by an instructor who will provide step-by-step guidance
- You'll be encouraged to let your creativity "shine" as you come up with your own designs including words, numbers and images

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MAKE YOUR OWN LUXURY PERFUME WORKSHOP

- Make your own luxury perfume in this in-person workshop
- You'll receive an introduction to creating your own perfume using natural ingredients
- Your expert host will teach you the basics of perfumery before you put scents together to create your own bespoke perfume
- At the end of the workshop, you'll take home a goody bag including a beautiful scent booklet, scent map and your perfume

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MINDFUL ORIGAMI TEAM BUILDING WORKSHOP

- Join a full time origami and paper artist for an engaging origami workshop
- Experience the world of origami and learn all about this fascinating art from the expert
- You'll be guided through a range of fun and accessible origami models including animals, decorations and boxes
- Expect a fun, relaxing, engaging and enjoyable experience for yourself and your guests!

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CARICATURES FOR CORPORATE EVENTS & TEAM BUILDING

- Add creativity, laughter, and memorable keepsakes to your next event with live caricatures for corporate events and team building
- Hosted by the talented Sassy Steve, a professional caricature artist with years of experience entertaining guests at corporate events
- Choose between two unique experiences: Live Guest Caricatures or an Interactive Caricature Workshop

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A NATURAL SOAP MAKING WORKSHOP

- Enjoy this relaxing and therapeutic in-person soap making workshop
- You'll learn to make and decorate 6 bars of natural soap, using olive oil and coconut based ingredients
- Whilst the soaps are setting there will also be time to make a Castile liquid hand soap
- Learn all about these natural ingredients and their benefits for your skin
- All ingredients are vegan and cruelty-free

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A HILARIOUS CARICATURE COMEDY ROAST

- Get ready for a hilarious caricature comedy roast
- Hosted by the sensational Sassy Steve, this fabulous interactive act will have your entire event in stitches
- Steve will arrive at your event and will roam and digitally sketch your guests
- He'll then present the results on stage, inviting some lucky members of the crowd to join him and be sketched and roasted in real time!

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A NATURAL BATH BOMB MAKING WORKSHOP

- Get creative and make your very own fizztastic bath bombs and salts
- Enjoy the revitalising properties of the all-natural ingredients used
- Everyone will finish with handmade, natural bath bombs and a beautiful glass jar of bath salts
- An ideal wellness activity, you'll cover not only how to make bath bombs, but how best to use the different ingredients

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STAFF WELLBEING & DEVELOPMENT

Our 5-star rated wellbeing workshops are designed to support wellbeing, performance, and a positive workplace culture.

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A GUIDED DESK STRETCHING & MOVEMENT CLASS

- Bring your team together for an engaging in-person desk stretching and movement class designed to reduce tension and improve energy in the workplace
- Participants will learn simple stretching and movement techniques to improve posture, flexibility, and focus throughout the workday
- 30, 45, or 60 minute sessions available, making it easy to fit into your team's schedule

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A RESTORATIVE BREATHWORK CLASS FOR TEAMS

- Bring your team together for a restorative in-person breathwork class designed to reduce stress and improve focus in the workplace
- Participants will learn practical tools to manage pressure, improve focus, and reset during the workday
- 30, 45, or 60 minute sessions available, making it easy to fit into your team's schedule

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RELAX & RESTORE: A SOUND BATH CLASS FOR TEAMS

- Bring your team together for a deeply calming in-person sound bath class for corporate teams designed to reduce stress and promote relaxation in the workplace
- Participants will unwind as sound vibrations help calm the mind, release tension, and support overall wellbeing
- 30, 45, or 60 minute sessions available, making it easy to fit into your team's schedule

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CALM & CLARITY: A MEDITATION CLASS FOR TEAMS

- Bring your team together for a focused and restorative in-person meditation class for corporate teams designed to reduce stress and improve mental clarity at work
- Participants will learn simple tools to stay present, manage stress, and think more clearly throughout the workday
- 30, 45, or 60 minute sessions available, making it easy to fit into your team's schedule

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AN INCLUSIVE YOGA CLASS FOR CORPORATE TEAMS

- Bring your team together for an inclusive and energising in-person yoga class for corporate teams designed to improve flexibility, reduce stress, and support overall wellbeing
- Participants will build strength, improve mobility, and develop tools to manage stress and maintain focus at work
- 30, 45, or 60 minute sessions available

FOR FULL DETAILS AND PRICING:

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A GUIDED CHAIR YOGA CLASS FOR WORKPLACES

- Bring your team together for a practical and engaging in-person chair yoga class designed to improve posture, reduce stress, and boost energy at work
- Participants will learn simple techniques to stretch, strengthen, and improve focus throughout the workday
- 30, 45, or 60 minute sessions available, making it easy to fit into your team's schedule

FOR FULL DETAILS AND PRICING:

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A REJUVENATING IN-PERSON WELLBEING WORKSHOP

- Enjoy a Rejuvenating Wellbeing Workshop with your very own mindfulness coach
- Learn a range of practical strategies that empower participants to release stress, worry less, connect with one another and feel transformed for the better
- The activities are low impact, suitable for all ages and can be easily adapted for any mobility issues

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CREATING A CULTURE OF WELLBEING WORKSHOP

- Create a healthier, more supportive workplace with this practical and engaging in-person corporate wellbeing workshop
- This expert-led culture workshop explores how teams and leaders can actively shape a culture of wellbeing and psychological safety
- Participants will learn how behaviours, communication, and leadership patterns influence culture and performance

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DESK HEALTH & DAILY MOVEMENT WORKSHOP

- Improve posture, reduce discomfort, and boost energy with this practical and engaging in-person desk health workshop
- This expert-led corporate wellbeing workshop explores the impact of sedentary work and how to build healthier desk habits
- Delivered by award-winning doctors, this session combines science-backed insights with simple, effective movement strategies

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RECLAIM YOUR FOCUS: A DIGITAL DETOX WORKSHOP

- Improve focus, reduce distractions, and boost productivity with this practical and engaging in-person digital detox workshop
- This expert-led corporate wellbeing workshop explores how digital overload impacts attention, performance, and mental wellbeing
- Delivered by award-winning doctors, this session combines neuroscience with simple, actionable strategies to regain control of focus

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MASTERING YOUR TIME & PRIORITIES WORKSHOP

- Improve productivity, reduce overwhelm, and take control of your schedule with this in-person time management workshop
- This expert-led corporate wellbeing workshop explores how to prioritise effectively, manage competing demands, and structure your day for focus and balance
- Delivered by award-winning doctors, this session combines science-backed frameworks with practical, real-world strategies

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A BETTER SLEEP, REST & RECOVERY WORKSHOP

- Improve energy, focus, and wellbeing with this practical and engaging in-person sleep and recovery workshop
- This expert-led corporate wellbeing workshop explores how sleep, rest, and recovery directly impact performance and productivity
- Delivered by award-winning doctors, this session combines neuroscience with simple, actionable strategies

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MINDFULNESS FOR SCEPTICS: A WELLBEING WORKSHOP

- A practical and engaging in-person mindfulness workshop designed specifically for busy, sceptical professionals
- This expert-led corporate wellbeing workshop cuts through the jargon to deliver simple, science-backed techniques that actually work
- Participants will learn how to improve focus, reduce stress, and stay present without long meditations or complex routines

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STAYING CALM UNDER PRESSURE: A WELLBEING WORKSHOP

- Stay calm, focused, and in control with this practical and engaging in-person stress management workshop
- This expert-led corporate wellbeing workshop explores how to manage pressure and regulate stress in real time
- Delivered by award-winning doctors, this session combines neuroscience with practical workplace strategies

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RESILIENCE WITHOUT BURNOUT: A WELLBEING WORKSHOP

- Build resilience, manage pressure, and protect wellbeing with this practical and engaging in-person resilience workshop
- This expert-led corporate wellbeing workshop explores how to navigate stress and change without sacrificing energy or performance
- Delivered by award-winning doctors, this session combines behavioural science with real-world strategies

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SWITCH OFF & SET BETTER BOUNDARIES WORKSHOP

- Protect your time, reduce stress, and prevent burnout with this practical and engaging in-person boundaries workshop
- This expert-led corporate wellbeing workshop explores how to set healthy work boundaries and switch off effectively
- Delivered by award-winning doctors, this session combines behavioural science with practical workplace strategies

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OPTIMISE YOUR NUTRITION FOR WORK & LIFE WORKSHOP

- Boost energy, focus, and wellbeing with this practical and engaging in-person corporate nutrition workshop
- This expert-led workplace wellbeing session explores how everyday food choices impact productivity, mood, and performance
- Delivered by award-winning doctors, this workshop combines science-backed nutrition with simple, sustainable strategies

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SUSTAINING HIGH-PERFORMANCE WORKSHOP

- Maintain productivity, energy, and motivation with this practical and engaging in-person high performance workshop
- This expert-led corporate wellbeing workshop explores how to sustain performance without sacrificing wellbeing or risking burnout
- Delivered by award-winning doctors, this session combines performance psychology with practical workplace strategies

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DRINKS CLASSES & TASTINGS

Choose from a wide range of options including cocktails, coffee, wine & much more! All are hosted by an expert.

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TEAM BUILDING COCKTAIL MAKING CLASS

- Shake, stir, and sip your way through this fun and interactive team building cocktail making class
- Hosted live by award-winning mixologists, your group will learn how to create three delicious cocktails step-by-step
- Guests can choose between alcoholic or alcohol-free cocktails, making the experience inclusive for everyone

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A SUPERB CORPORATE WINE TASTING EXPERIENCE

- Discover incredible wines in this interactive corporate wine tasting experience hosted by an expert sommelier
- Taste five handpicked wines while learning tasting techniques, wine history, and pairing insights throughout the session
- Choose between a wine-only tasting or upgrade to include luxury cheese pairings
- Suitable for both complete beginners and experienced wine enthusiasts alike

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COFFEE TASTING FOR CORPORATE EVENTS & TEAM BUILDING

- Discover the fascinating world of speciality coffee in this interactive coffee tasting experience
- Hosted by an expert coffee specialist, you'll learn the professional art of coffee tasting, also known as cupping
- Taste a variety of coffees from different origins, roast levels, and processing methods while discovering the flavours that make each one unique

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GIN TASTING FOR CORPORATE EVENTS & TEAM BUILDING

- Discover the fascinating world of gin in this interactive tasting experience for corporate events and team building
- Hosted by a leading gin expert, you'll sample five hand-selected gins plus a refreshing gin cocktail throughout the experience
- Learn how gin is made, how to nose and taste spirits like the professionals, and what makes each style unique

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BEER TASTING FOR CORPORATE EVENTS & TEAM BUILDING

- Discover the world of craft beer in this interactive tasting experience for corporate events and team building
- Hosted by an expert beer sommelier, you'll sample six handpicked beers while learning the stories behind each one
- Learn how to taste beer like a professional, training your nose and palate to identify different aromas and flavours

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WHISKEY TASTING FOR CORPORATE EVENTS & TEAM BUILDING

- Discover the fascinating world of whiskey in this interactive tasting experience for corporate events and team building
- Hosted by an expert whiskey specialist, you'll sample five hand-selected whiskeys plus enjoy a signature whiskey cocktail throughout the experience
- Learn how to nose and taste whiskey like a professional while discovering the stories behind each dram

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FOOD TASTINGS & CLASSES

Each tasting and class is hosted by an expert who will guide your group through an interactive and informative session.

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TEAM BUILDING CHOCOLATE BONBON WORKSHOP

- Learn to make 10 delicious chocolate bonbons in this interactive masterclass
- Hosted by an artisan chocolatier who will guide you through every step of the process
- Your workshop will start with an introduction to the history of chocolate and how it has evolved from bean-to-bonbon
- At the end of the class you'll take home your chocolate bonbons in a beautiful gift box

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A FUN & CREATIVE COOKIE DECORATING WORKSHOP

- Get creative in this In-person cookie decorating workshop
- Hosted by an expert baker, you'll use coloured fondants, buttercream and decorations to make 12 cookies each
- This is a fun and relaxed experience where individual creativity is encouraged
- A fun group activity that's suitable for beginners and more experienced bakers

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A LUXURY CHOCOLATE TASTING EXPERIENCE

- The ultimate chocolate tasting class - indulge in the world of chocolate for a whole 60 minutes!
- Get taken on a global chocolate tasting tour and try the 'world's best chocolate.'
- You'll learn to taste the world's best chocolate in new and surprising ways
- This tasting will include 9 different types of chocolate

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A FUN & CREATIVE CUPCAKE DECORATING WORKSHOP

- Get creative in this Fun & Creative Cupcake Decorating Workshop
- Hosted by an expert baker, you'll use coloured fondants, buttercream and decorations to make 12 fabulous looking cupcakes
- This is a relaxing and casual experience where individual creativity is actively encouraged
- This is a fun group or team activity that's suitable for beginners and more experienced bakers

FOR FULL DETAILS AND PRICING:

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FAQs



Q: HOW DO I BOOK AN EXPERIENCE?

A: Enquire via avvaexperience.com or get in touch using corporate@avvaexperience.com or +44 20 3488 6930.

Q: ARE YOUR EXPERIENCES AVAILABLE NATIONWIDE?

A: Yes, we can deliver our in-person experiences at any office or off-site venue in the UK.

Q: WHAT IF I CAN'T FIND THE EXPERIENCE I'M LOOKING FOR?

A: We have hundreds of experiences available online. If you can't find what you're looking for, please get in touch and we will let you know if we can assist.

Q: WHAT IF WE NEED TO CHANGE THE DATE OR CANCEL?

A: You can change the date of your experience up to 14 days prior to the originally scheduled date. A full refund can be made on cancellations made more than 30 days prior to a scheduled event.

GET IN TOUCH

If you'd like to book an experience or just want to find out more, please contact us:

[AVVAEXPERIENCE.COM](https://avvaexperience.com)

| [CORPORATE@AVVAEXPERIENCE.COM](mailto:corporate@avvaexperience.com)

| +44 20 3488 6930